

Eat Well & Keep Moving News

Volume 1 Issue 1

September 2007

Project Aims to Improve Health: New Programs for Students and Parents

If you are concerned about your child's health as well as your own health, you are in luck. The *Eat Well & Keep Moving* project will introduce several new programs this year to help students and parents improve their nutritional and physical activity habits.

The new programs include

- ▶ an expanded school lunch menu,
- ▶ nutrition and fitness lessons for fourth- and fifth-grade students, and
- ▶ cooking and health classes for parents.

Expanded Lunch Menu

The project is expanding the cafeteria lunch menu to include new, tastier dishes. These new dishes, which were specially created with students' tastes and nutritional needs in mind, will be served once a week during the cafeteria's *Eat Well & Keep Moving* Fridays. (For more information, see the article "Cafeteria Spices Up School Lunch.")

Nutrition and Fitness Lessons

New lessons covering the importance of healthy eating and physical activity will be introduced to fourth- and fifth-grade students. Each lesson focuses on a special theme and uses a catchy slogan to help students remember what they have learned.

Be Smart, Be Wise, Eat Right, and Exercise!

This is the beginning slogan for the *Eat Well & Keep Moving* project. Students will be introduced to the slogan through the classroom lessons and during the Friday lunches.

This first slogan highlights the value of healthy eating and physical activity. Both are emphasized in the *Eat Well & Keep Moving* Principles of Healthy Living, six guidelines that can keep you eating well and moving toward a lifetime of good health (for more information on the Principles of Healthy Living, see the article "The Building Block for Healthy Living").

Fall Slogan

Be smart, be wise, eat right, and exercise!

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

Knowledge Into Action

The goal of *Eat Well & Keep Moving* is not only to teach students to eat right and exercise but also to help them turn that knowledge into action both during school and after school.

Activities for Parents

Parents who would like to learn more about exercising and healthy eating will have the opportunity to participate in classes being offered through the (insert organization name here).

Note to teacher: Detail other organizations and parent involvement offerings here.
For information on special workshops offered at your school, contact your school parent liaison.

History of Eat Well & Keep Moving

Eat Well & Keep Moving began as a partnership between the Harvard School of Public Health and the Baltimore City Public Schools. This partnership aimed at improving children's health through education on nutrition and physical activity, promotional campaigns, and parent and community involvement. It evolved into a comprehensive program that has been introduced in other school systems throughout the country.

Cafeteria Spices Up School Lunch

Chicken stir-fry, Caribbean chicken, and tarragon tuna pita pocket. Sound like specialty dishes you might find at an international restaurant downtown? Think again. They're actually new dishes being offered this year in the school's cafeteria.

Starting this fall, the cafeteria will serve these and several other dishes as part of the *Eat Well & Keep Moving* Fridays. These special menu days promise to add a little spice to your child's school lunch.

New menu items include the following:

- ▶ Chicken stir-fry with vegetables on brown rice
- ▶ Tarragon tuna pita pocket with a broccoli and cauliflower side dish
- ▶ Tabbouleh and hummus or the chicken gyro with cucumber sauce

The cafeteria will also continue to offer the tasty vegetable dishes introduced last year by the *Eat Well & Keep Moving* project. These items include

- ▶ vegetable chili,
- ▶ chunky vegetable stew, and
- ▶ sweet potatoes and orange juice.

The new dishes will provide students with tasty and nutritious alternatives to the traditional lunch menu. The recipes, most of which were developed by the U.S. Department of Agriculture (USDA), have been taste tested and given the thumbs-up by students.

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

Eat Well & Keep Moving Project Update

Eat Well & Keep Moving kicked off its spring activities with a Get 3 At School and 5+ A Day contest. The purpose of the contest was to encourage students to eat healthier foods.

For 4 days—(insert specific dates here)—fourth- and fifth-grade classes kept track of the fruits and vegetables they ate before, during, and after school. The goal was to teach the students to eat 5 or more servings of fruits and vegetables each day by eating at least 3 servings in school and at least 2 servings outside school.

To encourage participation, colorful banners and information cards about healthy foods were created. The information cards discussed the difference between fruit drinks and 100% fruit juice, the different types of oranges available in stores, and the story of where oranges came from. The cards also discussed how vitamin C, which is found in many fruits and vegetables, provides the body with energy for playing and growing, helps the body heal cuts and bruises, and helps the body fight off infections.

As prizes for participating in the Get 3 At School and 5+ A Day contest, each student received fun and tasty fruit and vegetable recipes.

The following is an example of one of the nutrition cards created for the contest.



Stir-Fry With Healthy Fat!

Stir-fry means to cook over high heat while briskly stirring the ingredients so that they cook evenly. Because the vegetables are cut into small pieces, they cook quickly, stay crisp and delicious, and retain most of their nutrients and fresh flavor.

Unlike foods fried in butter, which is high in saturated (unhealthy) fat, stir-fry dishes often have healthy fat, because they are often cooked in vegetable oil and sometimes with another liquids like chicken broth.



From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

Article 1 Example

Great New Vegetable Dishes to Try at Home

In partnership with *Eat Well & Keep Moving*, the school cafeteria is offering a number of new vegetable dishes this year.

Vegetables, as we all know, are an important part of keeping children healthy. Children and adults should eat 5 or more servings of fruits and vegetables a day (1 serving is about 1/2 cup of cooked vegetables); eating more is always better. The recipes for these new vegetable dishes, along with interesting food facts students are learning in the classroom, will appear in the next few issues of the newsletter. Today's recipe is sweet potatoes and orange juice.

Sweet Potatoes and Orange Juice

Facts for students: Sweet potatoes are slightly larger in size than standard baking potatoes and grow in climates that have warm weather 4 to 5 months out of the year.

Facts for parents: Sweet potatoes contain a large amount of vitamin A, which is good for eyesight. Oranges are a great source of vitamin C, which helps the body heal cuts and scrapes.

Sweet Potatoes and Orange Juice

Makes 4 servings

Serving size: 1/2 cup

2 cups (1 pound, or 500 grams) sweet potatoes, boiled

2 teaspoons cornstarch

1/8 teaspoon salt

Dash of ground cinnamon

4 ounces (125 milliliters) orange juice

1/4 cup hot water

1 teaspoon orange peel, grated

1 teaspoon canola oil

Slice the boiled sweet potatoes onto a sheet pan. In a saucepan, combine cornstarch, salt, and cinnamon. Stir in orange juice, water, and orange peel. Bring to a boil, stirring constantly for 2 minutes. Remove from heat; stir in canola oil. Pour over sweet potatoes. Bake, uncovered, at 350° F (177° C) for 20 to 25 minutes.

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

Article 2 Example

Great New Vegetable Dishes to Try at Home

We hope you have had a chance to try the recipe for sweet potatoes and orange juice, one of the new vegetable dishes being offered this year in the school cafeteria. Today's dish is chunky vegetable stew (created as part of *Eat Well & Keep Moving*), the recipe for which follows, along with some interesting facts about stews your child has been learning in school.

Chunky Vegetable Stew

Facts for students: Stews are prepared around the world and can be made from a variety of ingredients. For example, Italians eat ragout, the French eat bouillabaisse, and the Hungarians eat goulash. Stews can be made from meat, fish, and vegetables. All stews are cooked slowly for a long time. This allows the ingredients to mix together and enhances flavor.

Facts for parents: This stew's main ingredients are tomatoes (full of vitamin C, which helps fight off colds), sweet potatoes (packed with energy to help your child run, dance, and think), and carrots (high in vitamin A, which can help eyesight).

Chunky Vegetable Stew

Makes 6 to 8 servings

Serving size: 1 cup

- 1 8-ounce (250-milliliter) can vegetarian beans
- 1 cup canned tomatoes, not drained, chopped
- 2 1/2 cups (3/4 pound, or 375 grams) sweet potatoes, cubed, peeled
- 2 1/4 cups (3/4 pound, or 375 grams) carrots, diced
- 2 1/4 cups (3/4 pound, or 375 grams) celery
- 1/2 cup (1/4 pound, or 125 grams) uncooked lentils
- 1/2 cup (1/4 pound, or 125 grams) onion, finely chopped
- 2 cups water
- 1/3 cup canned beef broth
- 1/2 teaspoon low-sodium Worcestershire sauce
- 3/4 teaspoon chili powder
- 1/4 teaspoon cumin
- Dash of dried oregano
- Dash of ground red pepper
- 1/2 ounce (15 grams) shredded low-fat cheddar cheese

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

Combine all ingredients except the cheddar cheese in a large pot. Bring to a boil. Then cover, reduce heat, and simmer 1 hour or until lentils are tender. Ladle stew into bowls and sprinkle each serving with 1 tablespoon of cheese.

Article Example 3

The Building Block for Healthy Living

Eat Well & Keep Moving classroom lessons emphasize the program's six Principles of Healthy Living. Teachers use the Building Block for Healthy Living to reinforce these messages. To bring the messages home, cut out the Building Block for Healthy Living on the next page and work with your child to assemble it. Take turns rolling the block like a die and reading the message that lands faceup; for each message, talk about ways that your family can follow the principle to be more healthy.

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

Go for 5+
fruits and veggies—
more is better!



Keep moving!



Get whole grains
and sack
the sugar!



Freeze the
screen!



Start smart with
breakfast!



Keep the
fat healthy!



From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

Article 4 Example

Get the Whole Story on Whole Grains

Good carbohydrate, bad carbohydrate. Americans have been hearing a lot about carbohydrate, or “carbs,” mostly from the weight-loss industry. But there’s more to the carbohydrate story than weight control, and it’s all about the health benefits of whole grains.

Whole grain foods contain good carbohydrate. They’re packed with fiber and other nutrients to keep your blood sugar steady, your cholesterol low, and your digestive system working well. That’s why eating a diet rich in whole grains can mean less diabetes, heart disease, and colon cancer. While these disorders are mostly seen in adults, a growing number of children are affected by type 2 diabetes, high blood pressure, and obesity. This, combined with a growing trend of kids eating more processed foods that are high in unhealthy saturated and trans fat, salt, and added sugars, makes childhood the perfect time for children to practice healthful eating habits.

What are whole grains? Any food made from wheat, rice, oats, cornmeal, or barley is a grain product. Think pastas, breads, cereals, and tortillas. Whole grains contain the entire grain kernel. Examples are whole wheat flour, whole oats, cracked (bulgur) wheat, whole cornmeal, and brown rice. Examples of foods that contain whole grains include whole wheat bread, oatmeal (try the steel cut variety), and whole wheat pasta, as well as more exotic grains such as quinoa and millet.

Refined grains have been milled, a process that removes a part of the grain kernel to achieve a finer texture. As a result of this process, much of the fiber and nutrients are stripped away. Examples of refined-grain products are white bread, white rice, and white flour pasta. Enriched white flour has had some of the B vitamins and iron added back, but the fiber and many other healthy nutrients are not.

Make at least half your grains whole. If you shop for your family’s food, try to purchase grain foods made from whole grains at least half of the time. To do that you need to look for key words on the food labels, including the ingredient list. Here’s how you do it.

Read the nutrition label. Choose breads and cereals that have at least 3 grams of fiber per serving. Fiber content is a good indicator of whether a grain has been milled or not. Food with more fiber probably has more of the good stuff from the grain hull in it.

Read the ingredient list. Choose breads, cereals, and pasta that list a whole grain as the first ingredient. Examples of whole grains are whole wheat, cracked wheat, barley, oats, rye, brown rice, whole cornmeal, and millet.

Watch out for misleading terms. Foods labeled as *multigrain*, *100% wheat*, *made with whole grains*, *cracked wheat*, and *seven grain* often are not made with mostly whole grains.

Watch out for added sugar, especially in ready-to-eat breakfast cereals and so-called breakfast bars. Choose products low or moderate in sugar—5 to 10 grams per serving most of the time. Save the sweet stuff for an occasional treat, or mix it with a low-sugar cereal to cut back on the sugar.

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics). Adapted, by permission, from *Food & Fun After School Parent Communications*. ©2006 President and Fellows of Harvard College.

(continued)

► EXAMPLES OF READY-TO-EAT CEREALS HIGH IN FIBER OR LOW IN SUGAR

| Product | Fiber (grams per serving) | Sugar (grams per serving) |
|----------------|----------------------------------|----------------------------------|
| Chex, wheat | 5g fiber | 5g sugar |
| Cheerios | 3g fiber | 1g sugar |
| Total | 3g fiber | 5g sugar |
| Wheaties | 3g fiber | 4g sugar |

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics). Adapted, by permission, from *Food & Fun After School Parent Communications*. ©2006 President and Fellows of Harvard College.

(continued)